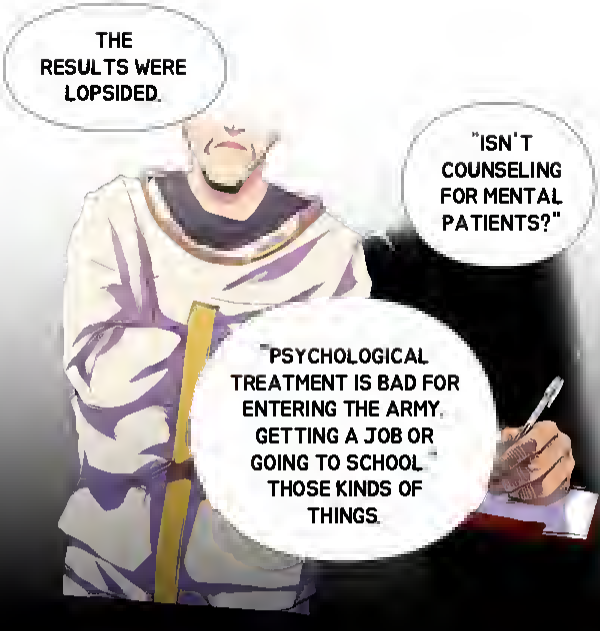
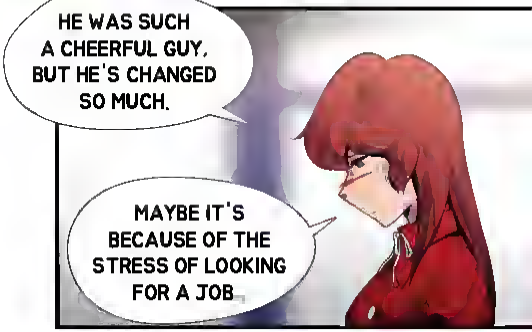
MY GOODNESS, I KNOW HE'S FROM A DIFFERENT MAJOR, BUT SERIOUSLY...!
SLAM-
!?
HE WAS SAYING THAT HE WAS AFRAID THAT GETTING COUNSELING WOULD HARM HIS CHANCES AT GETTING A JOB!
HOW CAN ANYONE STILL BELIEVE THAT KIND OF THING..?!
AHH..

WHAT DO YOU MEAN?
ALMOST ALL KOREANS STILL BELIEVE THAT.
WHAT?! HASN'T IT GOTTEN A LITTLE BIT BETTER?
A PROFESSOR I KNOW ONCE INVESTIGATED KOREANS' PERCEPTION OF
PSYCHOLOGICAL TREATMENT AND COUNSELING.


THE RESULTS WERE LOPSIDED.
"ISN'T COUNSELING FOR MENTAL PATIENTS?"
"PSYCHOLOGICAL TREATMENT IS BAD FOR ENTERING THE ARMY, GETTING A JOB OR GOING TO SCHOOL." THOSE KINDS OF THINGS.

ALONG WITH BELIEFS ABOUT BLOOO TYPES, THIS TYPE OF NEGATIVE PERCEPTION OF COUNSELING
HAS BEEN CALLEO THE MAIN [MYTH] IN KOREA BY FOREIGN SCHOLARS.
...

A YOUNGER GUY FROM THE SAME CLUB AS ME WHO I USED TO LIKE JUST CAME BACK TO SCHOOL.
!?


HE WAS SUCH A CHEERFUL GUY, BUT HE'S CHANGED SO MUCH.
MAYBE IT'S BECAUSE OF THE STRESS OF LOOKING FOR A JOB.

WHEN I TALKED TO HIM, IT LOOKED LIKE HE HAD A SLEEPING DISORDER,
ALONG WITH MILD ANXIETY AND DEPRESSION
BUT FOR SOMEONE SUFFERING FROM INSOMNIA CAUSED BY NOT FINDING A JOB TO TURN DOWN COUNSELING BECAUSE HE THINKS IT WOULD HURT HIS CHANCES OF GETTING A JOB...

WE'RE ALREADY BUSY ENOUGH TAKING CARE OF THE PEOPLE WHO COME FOR COUNSELING.
THERE'S NO NEED TO LOOK AFTER PEOPLE WHO DON'T COME HERE.
...

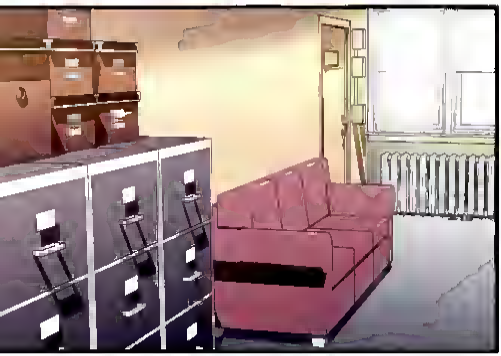
I CAN'T LET THIS GO.
I'M HEADING OUT NOW, PROFESSOR!

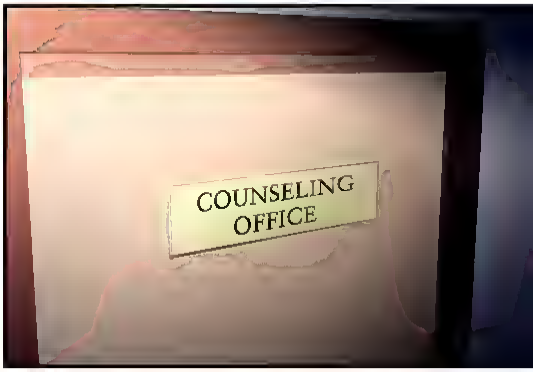
CLICK
SLAM-

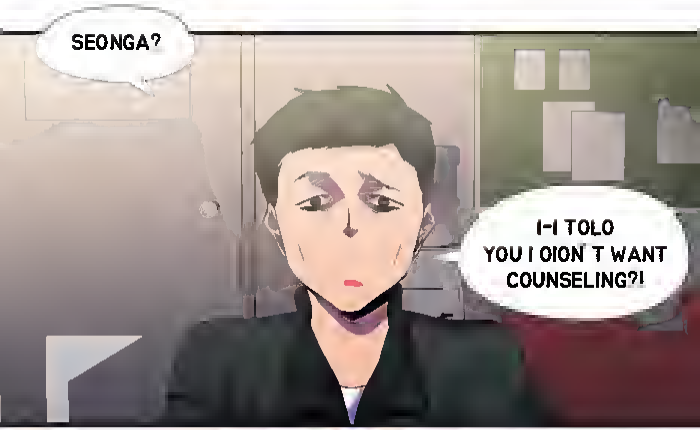
LOOKING AT ASSISTANT YOON
MAKES ME WANT TO ATTEMPT A SCHOLARLY APPROACH TO THE KOREAN CONCEPT OF [NOSINESS].

BY JONGBEOM LEE

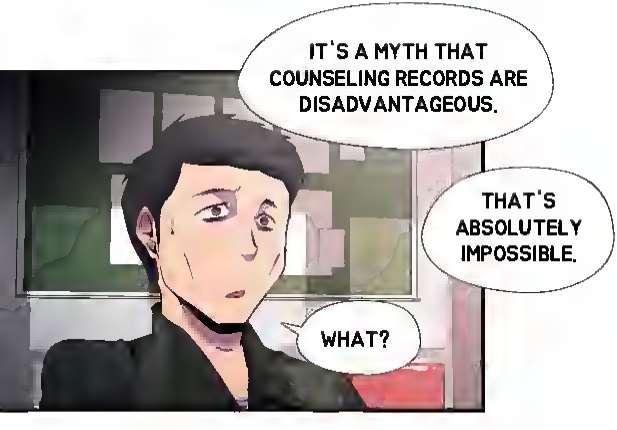
- INSOMNIA (2)

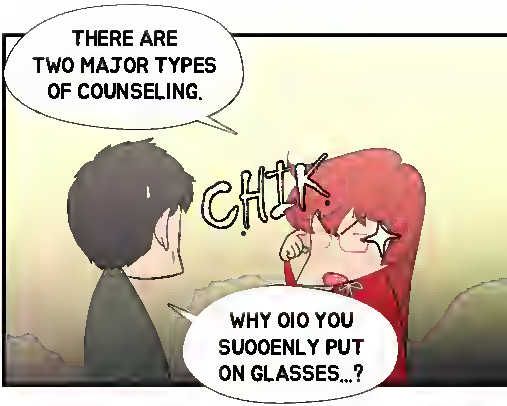


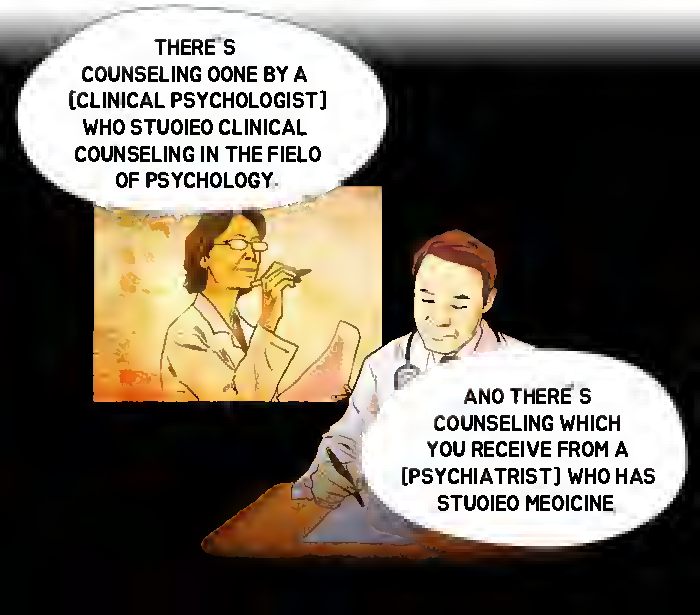

COUNSELING
OFFICE


SEONGA?
I-I TOLD YOU I DION'T WANT COUNSELING?!

WHATEVER!
LISTEN CAREFULLY, YOOGUN


IT'S A MYTH THAT COUNSELING RECORDS ARE DISADVANTAGEOUS.
THAT'S ABSOLUTELY IMPOSSIBLE.
WHAT?


THERE ARE TWO MAJOR TYPES OF COUNSELING.
CHIK
WHY DID YOU SUDDENLY PUT ON GLASSES...?


THERE'S COUNSELING DONE BY A [CLINICAL PSYCHOLOGIST] WHO STUDIED CLINICAL COUNSELING IN THE FIELD OF PSYCHOLOGY.
AND THERE'S COUNSELING WHICH YOU RECEIVE FROM A [PSYCHIATRIST] WHO HAS STUDIED MEDICINE.

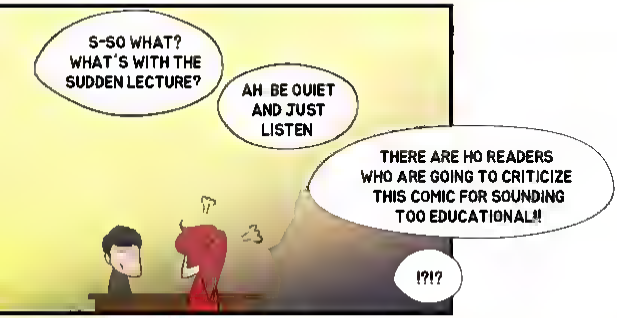
SINCE PSYCHIATRISTS ARE [DOCTORS], THEY CAN PRESCRIBE MEDICATION AND ARE INCLUDED IN MEDICAL INSURANCE.

BUT IN KOREA, [CLINICAL PSYCHOLOGISTS] ARE NOT DOCTORS, SO THEY ARE NOT INCLUDED IN INSURANCE AND CANNOT PRESCRIBE MEDICATION.

HOWEVER, DUE TO ISSUES WITH TREATMENT COSTS IN THE MEDICAL WORLD IN THE FIELD OF PSYCHOLOGY, MOST OF THEM GIVE SHORT-TERM DIAGNOSES AND PRESCRIPTIONS FOR MEDICATION.

AND AS FOR CONVERSATIONAL COUNSELING, WHICH INVOLVES LENGTHY CONVERSATIONS, TAKES PLACE

MORE IN CLINICAL PSYCHOLOGY COUNSELING RATHER THAN WITH PSYCHIATRISTS.


S-SO WHAT? WHAT'S WITH THE SUDDEN LECTURE?
AH BE QUIET AND JUST LISTEN
THERE ARE NO READERS WHO ARE GOING TO CRITICIZE THIS COMIC FOR SOUNDING TOO EDUCATIONAL!!
!?!?

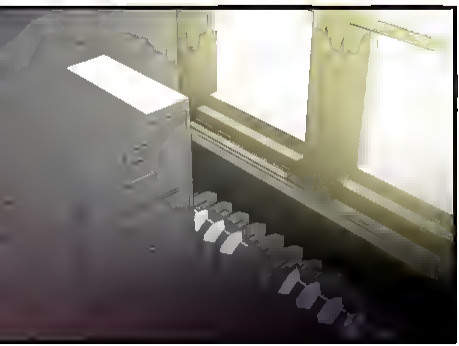
I-ISN'T THAT RIGHT READERS OF DOCTOR FROST?

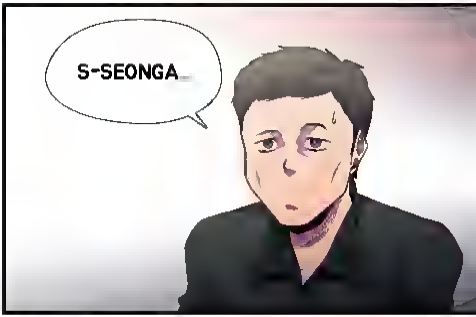
OF COURSE BOTH OF THEM LEAVE COUNSELING RECORDS...
BUT THERE ARE ONLY TWO CASES WHERE OTHER PEOPLE ARE ALLOWED TO LOOK AT THOSE RECORDS

EITHER FOR A [CRIMINAL INVESTIGATION],
OR IF SOMEONE'S LIFE IS IN DANGER,
AND EVEN IN SITUATIONS LIKE THAT.
THEY CAN'T CHECK THE RECORDS WITHOUT THE PERSMISSION OF YOU AND YOUR COUNSELOR

THE THING WITH MEDICAL RECORDS, INCLUDING COUNSELING,
IS THAT THEY'RE VERY PERSONAL RECORDS WHICH CANNOT BE VIEWED FOR ENTERING THE ARMY, ENTERING SCHOOL OR GETTING A JOB.
SAYING THAT THEY ARE DISADVANTAGEOUS TO YOU IS A SERIOUS LEGAL OFFENSE IN ITSELF.
IN THE PAST, TREATMENT WAS MOSTLY ONLY GIVEN FOR CASES WHERE [HOSPITALIZATION WAS NECESSARY] FOR THINGS LIKE SCHIZOPHRENIA.
AND MOST PEOPLE JUST COVERED UP AND LIVED WITH REGULAR SYMPTOMS.

BUT IN TODAY'S SOCIETY, WHERE REGULAR PEOPLE HAVE SO MANY PSYCHOLOGICAL WOUNDS,
EVERYONE SHOULD GET COUNSELING!

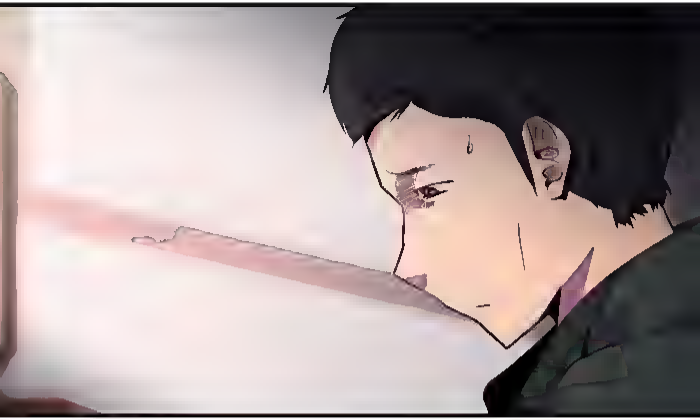


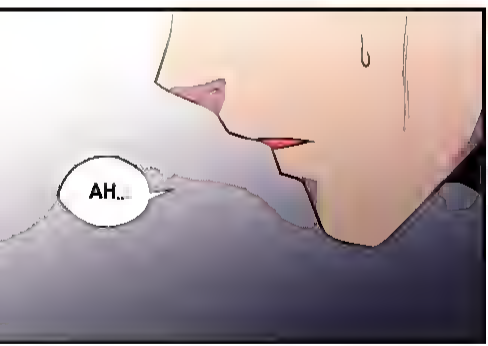

S-SEONGA...

WHY DO YOU LOOK SO SERIOUS ..?
KIND OF EMBARRASSED

JUST BY FIXING YOUR INSOMNIA, YOUR DEPRESSION AND ANXIETY WILL GET A LOT BETTER.
SO ULTIMATELY, WOULDN'T THAT BE MORE HELPFUL FOR FINDING A JOB?
T-THAT'S TRUE...

THERE ARE SO MANY CASES OF INSOMNIA NOWADAYS THAT WE DON'T JUST HAND OUT PILLS FOR IT.
AH, REALLY?
THERE ARE LOTS OF TREATMENTS THAT ARE EASY TO DO.
WELL?
WHY DON'T YOU TRUST ME AND GIVE IT A SHOT?




AH...

ALRIGHT, SEONGA.
I'M SUPPOSEO TO GO TO THE CAMPUS COUNSELING CENTER, RIGHT?
NOSINESS... BEING MEOOLESOME...
INTERFERING THERE AREN'T AS MANY STUOIES AS I THOUGHT.

TO BE CONTINUED

JONGBEOM LEE

EXPERTS CONSULTED:
[HYEONGSEOK SONG]
(PHO IN PSYCHOLOGY, HEAO OF THE "HEART TO HEART" CLINIC)

[DASIM NU]
(HEAO OF THE "OASIM NU PSYCHOLOGY ACAOEMY,"
PSYCHOLOGY COLUMNIST)

[GYEONGBO SEO]
(FACULTY IN YONSEI UNIVERSITY
GRAOUATE SCHOOL'S PSYCHOLOGY OEPARTMENT) ET AL

LINE Webtoon